

Faulkner County has partnered with SWEAP Connections to offer **mental health** to all employees.

For over 40 years SWEAP Connections has helped companies and organizations across Arkansas and beyond improved employee work performance and wellbeing while decreasing risk factors and liability. Some of the services that SWEAP offers is

- Face-to-Face Sessions
- Virtual Counseling
- Telephone Counseling
- On -Demand Resources through www.sweapconnections.com

It's Never Too Soon
to Call for Help



SWEAPConnections

We actively listen to you.
We provide professional assessments,
short-term problem solving, and
resources that can help you deal with
challenges at home or work.



Keeping People Productive
at home, at work, & at life

(501) 663-1797

(800) 777-1797

info@sweap.com

Online resources available

sweapconnections.com

Help is Always Available

(501) 663-1797

(800) 777-1797

info@sweap.com

sweapconnections.com

Why Should I Reach Out?

Sometimes life's problems are too big or complex for you and your family to handle alone. SWEAP Connections is a free, confidential, problem solving resource provided by your employer to help in areas including:

- Marital, family or relationship problems
- Stress, depression or grief
- Addiction concerns (alcohol, drugs, gambling, internet, etc.)
- Workplace stress or conflict
- Parenting, childcare or elder care

How Do I Get Started?

The EAP is here to help. Counseling and coaching is available in-person, by phone or video. Our trained counselors offer support to help you identify your needs and make a plan to get you on track. We can also connect you with resources that support you and your family.

What Is the Cost?

Nothing! Your employer provides the EAP. There is no cost for services to you or your family.

Are These Services Confidential?

Absolutely! Information can only be released with your written consent. The only exception, as required by law, is cases where clients express the intention of harming themselves or others, or the mandated reporting of child and elder abuse.

Help is Available Online!

At sweapconnections.com, you'll find resources that include videos, self-assessments, trainings, and articles on topics that may be helpful for the specific situation you're facing.

Follow us for productive living tips:



@SWEAPAR



@sweapwellbeing



SWEAPConnections

Keeping
People
Productive

at home, at work, & at life.

24/7 Toll Free Access
(800) 777-1797

Online Access
sweapconnections.com
Member Login Code: **sweap**

Your employer provides an Employee Assistance Program (EAP) to protect its most valuable investment – you. SWEAP Connections provides you and your family with professional assistance for the challenges of everyday living.

Stress Management
Emotional Wellbeing
Alcohol or Drug Use
Marriage/Relationship Issues
Family Problems
Legal or Financial Problems
Grief or Loss Issues
Job Stress

HELP IS EASY TO ACCESS

Telephone Consultation
Face-to-Face Counseling
Virtual Counseling
Online Resources

Learn more about what
SWEAP Connections can
do for you.

sweapconnections.com